



## *2009 Annual Convention Packet*

# All In One Voice

*For awareness  
For empowerment  
For advocacy  
For hope  
For recovery*

**Friday, May 29 – Saturday, May 30**

**Sheraton Richmond West  
6624 West Broad St  
Richmond, VA 23230**

**...workshops...  
...networking...  
...learning...  
...sharing...  
...connecting...  
...exhibits...  
...resource materials...**

This packet contains

- Convention Agenda
- Fees and Registration form
- Hotel Information
- Award Nomination Forms

April 2009

Dear Friend,

We are looking forward to the 2009 NAMI Virginia Annual Convention where advocates from around Virginia will gather for educational opportunities, empowerment, and networking. We invite you to be part of this 2-day event that will offer something for everyone including:

- **Breakout sessions** on many topics including: housing and residential services, accessing children's services, peer support and recovery, relapse prevention planning, NAMI family education programs, NAMI on Campus, peer education and recovery programs, fundraising, media/public relations, membership, planning for the future of someone with special needs, and more.
- Best practices and outstanding examples of the top models of NAMI's family and consumer education programs
- **Speakers:**
  - **James S. Reinhard, M.D.**, Commissioner of Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services
  - *The Universe Between Our Ears and Mental Illness* - **Paul. F. Aravich**, Ph.D. (Professor of Pathology/Anatomy, Professor of Internal Medicine, Division of Geriatrics & Professor of Physical Medicine & Rehabilitation at Eastern Virginia Medical School)
- Back by popular demand: **intensive, hands-on advocacy trainings!** Two focus areas: housing and criminal justice. *Seating is limited for these trainings so register early!*
- **Award Presentations:** Joshua S. Collins Award and ***NEW*** Outstanding Family Member, Outstanding Consumer, and Outstanding Affiliate Awards (*nominations due May 20<sup>th</sup>*).
- Friday evening **Connection Recovery Support Group** for consumers
- **Networking opportunities**, meeting new friends and re-connecting with old ones
- Exhibit area with **resources and materials**

Enclosed you will find information about the 2009 State Convention including the agenda, fees, and a registration form. We are looking forward to an exciting two days and we hope you can join us.

See you in Richmond!

**P.S. Early bird registration deadline is May 4 – subtract \$5 off your registration fee! The final deadline for registration is May 25.**

## Friday, May 29<sup>th</sup>

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10:00 - 10:30            **Registration**

10:00 – 5:00            **Exhibit Hall Open**

10:30 – 10:45           **Welcome**

11:00 – 12:00           **Concurrent Workshops I – CHOOSE ONE**

**Breakout I                Building Blocks to Prevent Relapse**

This workshop will focus on education of symptoms and recognizing symptoms to prevent relapse into crisis, including the aspects of behavior that one or others may see. It will include a daily inventory to prevent relapses, commitment of actions to prevent relapse, how to be aware of reoccurring events, and strategies to cope with symptoms of mental illnesses. It will include strategies such as organizing of daily planning, calendar, budget, self talk, and relaxation.

**Breakout II                NAMI on Campus: How to Bring NAMI to your University**

This workshop will provide an overview of NAMI on campus using NAMI VCU as an example, focusing on their mission, goals, and current projects. The workshop, led by NAMI VCU student leaders, will include practical information on how the students got organized to get a NAMI on Campus Club started (logistics of a university club).

12:00 – 1:00            **Networking Lunch**  
*Invitation Only: Affiliate President's Lunch*

1:15 – 2:15            **Concurrent Workshops II – CHOOSE ONE**

**Breakout I                NAMI Family Education Programs**

This workshop will focus on family education programs like *Family-To-Family* and *MESA*, which are designed to teach families and friends about the illnesses and provide them with the tools they need to understand and help anyone living with a mental illness. The foundations of these classes offer education, support, and fosters advocacy.

**Breakout II                Accessing Services for Children/Youth in Virginia: Everything You Wanted to Know...But Were Afraid to Ask**

This workshop is designed to inform parents of children from birth to 21 years old regarding the services available for those with mental, emotional or behavioral healthcare concerns. Services to be covered will primarily be those related to VA's publicly-funded programs such as the Community Services Boards (CSBs), Comprehensive Services Act and Family Assessment and Planning Team (CSA/FAPT) and Medicaid. We will also discuss VA's service delivery system and Systems of Care aspects.

**Breakout III               10 Things We Want You To Know About NAMI Membership**

This workshop will be facilitated by the NAMI Database Director – the NAMI membership expert! The session is geared towards NAMI leaders who are responsible for handling affiliate matters like membership, or who want to know more about the new membership database system. You will learn

practical tools and have a chance to ask your questions related to membership.

- 2:30 – 3:30**                    **Speaker:** James S. Reinhard, M.D., Commissioner of Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services: Mental Health System Transformation Update
- 3:30 – 4:00**                    **Break**
- 4:00 – 5:00**                    **Concurrent Workshops III – CHOOSE ONE**
- Breakout I**                    **Using a WRAP Plan to Live Beyond Your Diagnosis**  
This workshop is designed to introduce the attendees to WRAP and illustrate how a WRAP Plan can assist with limiting and managing the symptoms that impact a person’s mental wellness and allow individuals the freedom to begin to live beyond their diagnosis.
- Breakout II**                    **The Many Faces of Recovery - A Residential Treatment Perspective**  
This work shop will begin with an overview of recovery in the literature, discuss how one residential treatment program has attempted to incorporate those principles into its service delivery system and works to balance each individual’s notion of recovery with programmatic objectives, and then explore the diversity of the meaning of recovery in real life through the stories of various consumers.

## Saturday, May 30

- 7:30 – 8:30**                    **Breakfast**
- 8:00 – 8:30**                    **Registration for new attendees**
- 9:00 – 4:00**                    **Exhibit Hall Open**
- 8:30 – 10:00**                    **Hands-On Advocacy (this session runs 90-minutes; pre-registration is required as seating is limited; participants must attend the entire session)**  
**Issue Focus: Housing**  
This workshop will be led by seasoned legislative advocates who are returning to this year’s convention by popular demand. Learn valuable skills for crafting your message and advocating effectively for changes you want to see in your community and in Virginia. This workshop will provide an interactive and FUN way to learn.
- 9:00 – 10:00**                    **Concurrent Workshops I – CHOOSE ONE**
- Breakout I**                    **NAMIWALKS Virginia!**  
Every journey begins with one step! Come to this session to learn what NAMI WALKS is, the goals for the 2008 NAMI Virginia WALK, why and how to get involved in this critical and FUN event that is essential for all NAMI members and supporters.
- Breakout II**                    **Developing Consumer Leaders through NAMI Programs**  
This workshop will demonstrate how leadership skills have been developed as a result of consumers being involved in the NAMI consumer programs: *In Our Own Voice*, *Peer-to-Peer*, and *Connection Support Groups*.

10:15 – 11:15 **Speaker:** The Universe Between Our Ears and Mental Illness, Paul. F. Aravich, Ph.D.: Mental Illness as a Brain Injury, the Need for a System of Care, and the Hope of Research

11:30 – 12:30 **Lunch & Awards Ceremony**

12:45 – 1:45 **Concurrent Workshops II - CHOOSE ONE**

**Breakout I** **Housing First in Virginia**  
This workshop will provide an overview of the Housing First model and an update on Housing First programs in Virginia. Participants will also learn basic housing resources available to consumers in need of permanent housing, and how to advocate for housing in their community.

**Breakout II** **Fundraising For Your NAMI Affiliate**  
This workshop will be facilitated by the NAMI Director of Constituent Relations, a fundraising expert! This workshop is designed to cover the basics on fundraising for NAMI affiliates including effective membership drives, events, grants, and other means of raising funds to carry out the mission and goals of NAMI.

2:00 – 3:00 **Concurrent Workshops III – CHOOSE ONE**

**Breakout I: Wellness, Enhancement, and Recovery Program**

This workshop is designed for mental health professionals, consumers and family members who would like to learn more about an innovative treatment model that is multidisciplinary and combines evidenced-based treatment of illness management and recovery strategies with group medical appointment model of care. The workshop will provide an overview of how this model has been effectively integrated into community mental health and will provide a professional and consumer-based perspective.

**Breakout II: Borderline Personality Disorder Demystified**

This workshop will help persons with borderline personality disorder and their families, as well as mental health advocates, educators and providers. About 6 million Americans suffer from the disorder. Over the past two decades, research has greatly increased our knowledge about its symptoms, nature and treatment. Yet the diagnosis is frequently missed or treated ineffectively.

**OR**

2:00 – 3:30 **(this session runs 90 minutes!)**

**Breakout III: Hands-on Advocacy Training**  
**Focus: Criminal Justice**

**This session runs 90-minutes; pre-registration is required as seating is limited; participants must attend the entire session**

This workshop will be led by seasoned legislative advocates who are returning to this year's convention by popular demand. Learn valuable skills for crafting your message and advocating effectively for changes you want to see in your community and in Virginia. This workshop will provide an interactive and FUN way to learn.

3:30 – 4:30 **Concurrent Workshops IV**

**Breakout I** **Public Relations, Marketing, and Media –Tools and Strategies for NAMF's Grassroots**

This workshop will focus on best practices from the grassroots and will provide an array of tools and strategies to assist NAMI leaders with their outreach and public affairs efforts. An overview of the Identity Guide and the Public Relations Toolkit will be provided. This workshop will introduce tools to support making NAMI a household name.

**Breakout II****Planning for the Future: Ensuring the Quality of Life for Loved Ones with Special Needs**

This program was developed to assist families caring for loved ones with special needs to financially prepare for their future. The program provides essential information, tools and resources to assist families in the selection of insurance and investment products specific to their needs.

**4:30 – 5:30****Annual Business Meeting**

- Review of finances
- Election of nominees to board of directors
- Vote on bylaw proposals

2009 NAMI Virginia Annual Convention Registration Form: **SUBMIT BOTH PAGES!**

**STEP 1: Complete the Form Below (PLEASE PRINT CLEARLY)**

Name \_\_\_\_\_

Address with city and zip code \_\_\_\_\_

Phone w/ Area Code \_\_\_\_\_

Email Address \_\_\_\_\_

Payment    € Check (make payable to NAMI Virginia)    Charge:    € VISA    € Master Card

Credit Card Acct. # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-digit code on back of card

Signature \_\_\_\_\_

Your NAMI affiliate/organization/association \_\_\_\_\_

Are you a member of NAMI Virginia?     Yes     No     Don't know/not sure

Request vegetarian meal?     Yes     No

**STEP 2: Select Your Workshop Preferences**

**Friday, May 29<sup>th</sup>**

**Session 1 (Choose 1)**  
 Building Blocks to Prevent Relapse  
 NAMI on Campus

**Session 2 (Choose 1)**  
 Family Education Programs  
 Children's Services  
 Membership (Choose 1)

**Session 3 (Choose 1)**  
 WRAP Plans  
 Recovery: A Residential Treatment Perspective

**Saturday, May 30<sup>th</sup>**

**Morning special session (limited seating!)**  
 Hands-On Advocacy: Housing (90 minute session)

**Session 1 (Choose 1)**  
 NAMI Walks  
 Developing Consumer Leaders

**Session 2 (Choose 1)**  
 Housing First  
 Fundraising

**Session 3 (Choose 1)**  
 Wellness, Enhancement, and Recovery  
 Borderline Personality Disorder Demystified  
 Hands-On Advocacy: Criminal Justice (90 minute session) – limited seating

**Session 4 (Choose 1)**  
 Public Relations and Marketing  
 Planning for the Future/Special Needs

Please complete:

First Name  
with area code

Last Name

Phone Number

**Step 3: Determine Your Registration Fees: circle the registration fee that applies to you.**

**Best Deal!! Full 2-day Registration – Friday, May 29 AND Saturday, May 30**

	Member	Non-Member
Consumer – Low Income	\$60	\$70
Family Member	\$95	\$105
Professional	\$120	\$130

\*Non-member fees for 2-day registration include free 1-year membership to NAMI Virginia\*

**One-Day Registration Only – CIRCLE ONE: Friday, May 29 OR Saturday, May 30**

	Member	Non-Member
Consumer - Low Income	\$35	\$45
Family Member	\$55	\$65
Professional	\$70	\$80

\*Non-member fees for 1-day registration include free 1-year membership to NAMI Virginia\*

I am not attending but I am making a **tax-deductible contribution for scholarships** that will enable low-income people to attend. Amount enclosed \_\_\_\_\_.

I am attending and I am also including a **tax-deductible contribution** to be used for scholarships that will enable low-income people to attend. Amount enclosed \_\_\_\_\_.

**EARLY BIRD REGISTRATION—Send your registration and convention fee postmarked by May 4, 2009 and take \$5 off your total amount!**

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Make checks payable to NAMI Virginia. Mail with completed registration form (**both pages**) to:  
NAMI Virginia  
Attn: Annual Convention  
PO Box 8260  
Richmond, Virginia 23226

If you have questions or need information please call (804) 285-8264, email [namiva@comcast.net](mailto:namiva@comcast.net) or visit our website at [www.namivirginia.org](http://www.namivirginia.org). Fax: (804) 285-8464.

**Registration deadline: All registration/payment must be postmarked by May 25, 2009**

Complete the enclosed registration form mail with payment to:  
NAMI Virginia  
Attention: Annual Convention  
PO Box 8260, Richmond, Virginia 23226

**LOCATION OF THE CONVENTION**

Sheraton Richmond West  
6624 West Broad St  
Richmond, VA 23230  
(804) 281-5923

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=1334>

**CONVENTION HOTEL ROOM RATE**

Call the Sheraton Richmond West at (804) 281-5923  
Single and Double room - \$99.00 + tax per night

***Reserve your room by May 6, 2009 to receive the convention rate and remember to mention NAMI Virginia.***

**Other Nearby Hotels (NOT affiliated with the convention – NO special rate)**

Comfort Inn Midtown	(804) 359-4061
Days Inn Richmond West Broad	(804) 282 3300
Holiday Inn Staples Mill	(804) 359-6061
Super 8 Richmond/Broad Street	(804) 672-8128

**Local Attractions**

Carytown Shopping Area <http://www.carytown.org/>  
Science Museum of Virginia <http://www.smv.org/>  
Virginia Holocaust Museum <http://www.va-holocaust.com/>  
Virginia Museum of Fine Arts <http://www.vmfa.state.va.us/>  
Short Pump Town Center <http://www.shortpumpmall.com/>  
Stony Point Fashion Park <http://www.shopstonypoint.com/>

**Early Bird Registration Reminder!**

**Early bird deadline is May 4 – subtract \$5 off your registration fee! The final deadline for registration is May 25.**

**NAMI Virginia's 2009 Award Nomination Form**  
**Must be returned to NAMI Virginia office by May by May 20, 2009**

*Please help us recognize outstanding leaders within NAMI Virginia!  
Recipients will be recognized at the NAMI Virginia Annual State Convention Lunch  
(May 30, Richmond).  
Note: you can make a nomination for one, two, or all three categories.*

- Award Categories:
- Outstanding Consumer Achievement Award**
  - Outstanding Affiliate Organization**
  - Outstanding Family Member/Caregiver Achievement Award**

Person(s) making nomination:

\_\_\_\_\_

Where can you be reached if we need more information (phone/email)?

\_\_\_\_\_

\_\_\_\_\_

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**Outstanding Consumer Achievement Award**—to recognize a mental health consumer for his or her service, courage, and leadership on behalf of people with mental illness. The recipient displays exemplary courage and leadership not only in staying the course to recovery but also educating and helping others to understand and to overcome.

Person Nominated:

\_\_\_\_\_

The nominee is deserving of this award because *(please list primary reason and three supporting reasons/examples):*

\_\_\_\_\_  
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**National Alliance of Mental Illness of Virginia Presents  
the 2009 Joshua S. Collins Award of Excellence**  
**Must be returned by May by May 20, 2009**

The Joshua S. Collins Award of Excellence is a distinguished honor the National Alliance of Mental Illness of Virginia (NAMI Virginia) awards in recognition of an individual, organization or NAMI Virginia affiliate whom exemplifies excellence in the mental health community. Open to all nominees, this award highlights an outstanding performance at both individual and team levels. It celebrates the exceptional work, commitment, advocacy and creativity of those who are making a notable contribution to people who suffer with a brain disorder.

History: The Joshua S. Collins award for excellence was established in 2007 by Barry and Kathy Harkey in honor of their son Joshua. Joshua expressed kindness, courage, and compassion toward others throughout his life, and during his struggle with a brain disorder. Joshua lost his battle with mental illness on January 8, 2006. He served in the United States Navy; the Commonwealth Challenge National Guard Cadet Program, and was a beloved son, brother, grandson, nephew, and cousin. Joshua was an upstanding citizen of the Commonwealth of Virginia for 24 years. He is remembered through this award, and in the hearts, minds, and memories of those who knew and loved him. His spirit lives on in those honored by this award; those whose contributions to the mental health community express compassion and caring of others whom are affected with a mental illness.

Award recipient will be awarded the following:

1. A plaque for recognition of excellence
2. Description of recognition in NAMI Virginia newsletter and on NAMI Virginia website
3. Presentation of "recognition of excellence" plaque at the yearly NAMI Virginia state convention
4. The recipient's name and year presented with the Joshua S. Collins award will be engraved on a beautiful plaque that will hang in NAMI Virginia's headquarters
5. A check in the amount of \$500.00 will be applied toward the award recipient local NAMI Virginia affiliate or toward an established non-profit organization (award recipient choice) that provides services for mentally disabled people.

### **Nomination Form and Instructions**

#### **Eligibility:**

- Nominate any **NAMI Virginia affiliate, individual representing an affiliate, or non-profit organization (NON-NAMI)** demonstrating an exceptional performance. Recipients are selected for their overall dedication, achievements and contributions to individuals with a brain disorder and/or the mental health community.

\*(1) Sitting members of the Selection Committee are not eligible.

\*(2) The current Joshua S. Collins Award recipient is not eligible for consideration for the next three years.

**Format/Nomination Submissions:**

- All nominations must be completed on the official nomination form.
- Typed entries are strongly encouraged.
- Attach additional sheets as needed.
- Please limit nomination forms to no more than THREE pages, double-spaced.
- Nominations can be submitted electronically by email to [kcharkey220@aol.com](mailto:kcharkey220@aol.com) or by fax. Fax #: 804-798-0512. Nomination forms sent by mail should be mailed to: NAMI Virginia Award Selection Committee at 14430 King Rd. Doswell, Va. 23047.

**What to Include:**

- Nominations should explain how the nominee demonstrates excellence in **ONE or more of the four categories**. (Please provide information for **one or more** categories on the nomination form).
- Nominations should be detailed and specific, **providing examples** of merit wherever possible.
- Include letters of support if available.
- Include information pertaining to other aspects (if applicable) of the nominee's achievement/work you would like to highlight.

**Of Note:**

- The Selection Committee will hold all nominations in confidence.
- Nominations may be resubmitted in subsequent years, but nominations will not be carried over automatically.

**Deadline:**

- Completed nominations are due by 5:00 p.m. on **May 20, 2009**.
- *There will be **NO EXCEPTIONS** to the nomination deadline.*

**Joshua S. Collins Award of Excellence Nomination Form**

**Nominee:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Nominated By:** \_\_\_\_\_ *Print Name(s)* \_\_\_\_\_ *Signature(s) **\*\*REQUIRED\*\**** \_\_\_\_\_

**Nominee excellence contributes to the overall mission of benefits toward those suffering with a mental illness. The nominee demonstrates excellence from the following category/categories:**

**\*One or more category below must be completed. PLEASE USE ADDITIONAL PAGES.**

**1) Advocacy/Community Service Activity/Relationship Building**

*Summary of nomination: Describe the achievement/work, key features and the outcome/effectiveness. (Ex: Describe how the nominee's achievement/work demonstrates excellence, leadership, and/or relationship building. What benefits/changes occurred or could potentially occur as a result of this achievement/work? What problems had to be overcome in accomplishing this achievement/work? How did the achievement benefit individuals with a brain*

*disorder? How did the achievement/work benefit NAMI? Was this a one-time project or is it an on-going project? Did it result in long term change?)*

**2) Commitment and Dependability**

*Nominee consistently strives for quality of care and services and provides outstanding service to the mental health community. The nominee invests oneself in caring for those suffering with brain disorders and exhibits a high level of commitment; often makes personal sacrifices in order to better the world or the mentally ill. (Explain).*

**3) Creativity/Innovation/NAMI Virginia Participation**

*Nominee displays a willingness to try and offer new and creative ideas that offer assistance in receiving the best possible care and services for those suffering with a brain disorder. Nominee is a good, compassionate individual, is resourceful, and is a good steward of NAMI Virginia. (Explain).*

**4) Education/Stigma Reduction/Teamwork and Leadership**

*Nominee enhances cooperation, morale, and teamwork; displays courtesy, diplomacy, and flexibility; and is responsive to others regarding mental health issues. Nominee consistently provides effective and sensitive leadership through knowledge, example, and attitude and works well with others. Nominee works toward educating the public and reducing stigma. (Explain).*

**Thank you for participating in the Joshua S. Collins Award of Excellence recognition program! Please make sure the form is complete and return no later than 5:00 p.m., May 20, 2009 to:**

**NAMI Virginia Award Selection Committee**  
14430 King Rd., Doswell, Va. 23047